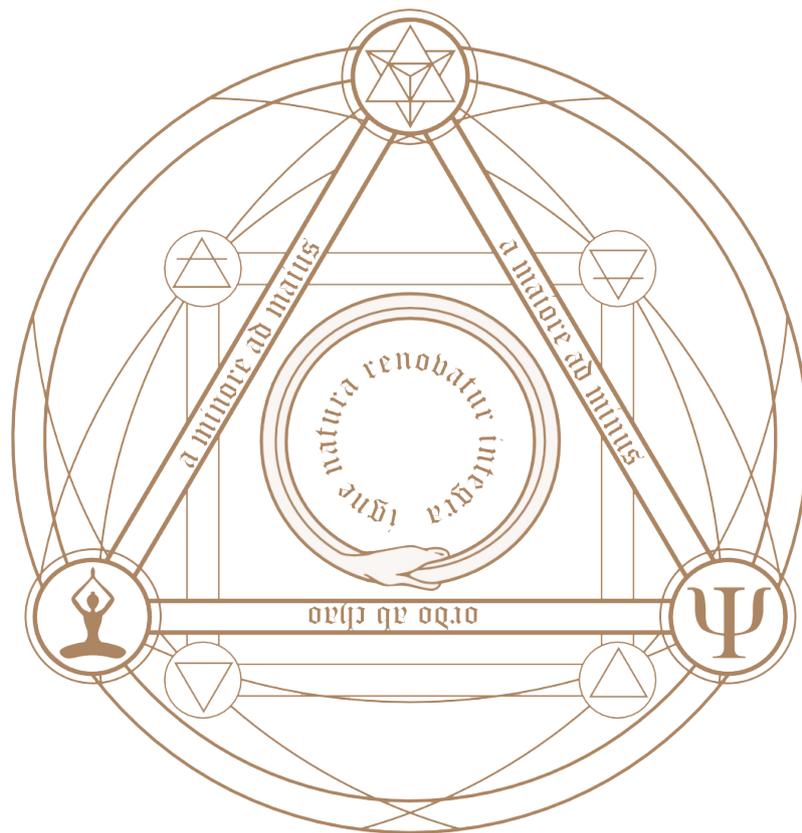


Multidimensional Healing & Integration Process Book

# TRUE ME

I Merge with my True Essence to live my highest Joy & Purpose



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# I. Trust

*What threw me off balance these past 12 months? What triggered and challenged me?*

*What did I learn about myself?*

# 2. Becoming

*What does my ideal (TRUE) self look like in 3 years from now? This is how I behave, how I think, how I care for myself, this is what my daily routine looks like, what I enjoy eating, these are my hobbies, studies and dreams:*

*What is the most important thing for me to focus on now, to become my highest expression and TRUE self?*

# \*Regenerate\*

Allow yourself to slow down and be patient with the things that are not yet ready to bloom, as well as allow for the things that no longer serve you to gently fall away.

Take some time for regeneration, hibernation.

Move gently, slowly, allow yourself the necessary time for your energy to shift.

See yourself as in a dream where all is possible and all simply is, just as you simply are in your brilliant optimal state. Rest, pause, observe and take gentle steps towards your heart, your joy, your passion and your dreams.

Self-care is the most important activity. Take time to reflect, read a good book, rest and dream.

*Baby steps are CRUCIAL for building a strong foundation. What are the next baby steps I can take, to become who I TRULY AM & do what I come here to do?*



# 3. Claiming

*What does it mean “to claim something” for myself?*

I am the embodiment of Source/The Universe/God expressing itself as me and **I am the Source of my reality**. Everything I experience in my everyday life is co-created with the All by my thoughts, emotions and actions - what I think, feel, say, believe and do, I create.

*According to my own understanding of the concept “ideal” - how would the ideal person live their life as a human being here on Earth? This is their health, behaviour, goals, vision, thoughts and their way of living with themselves and others:*

*What does the Embodiment of Claiming FEEL like for me?*

*~ And I become and Am this.*

*What is the difference between the essence of “WORTHINESS” and myself right now? Which life-choices does Worthiness make differently than myself today?*

Essence of Worthiness  
\*Characteristics\*

Myself right now  
\*Characteristics\*

The Choices Worthiness  
would make in life

The choices I make  
as I am now

*Which behaviours, feelings and thoughts is my future self no longer willing to tolerate?*

*Where am I in this moment as a result of all the Treasures I have encountered in the past 12 months?*

*What is my next action to claim my desired dreams and vision for my life, that is greater than any fear?*

*These are some more steps to take towards my desired dreams and ideal life:*

*What would a day in my life look like if I would respect myself?*

5:00	14:30
5:30	15:00
6:00	15:30
6:30	16:00
7:00	16:30
7:30	17:00
8:00	17:30
8:30	18:00
9:00	18:30
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10:00	19:30
10:30	20:00
11:00	20:30
11:30	21:00
12:00	21:30
12:30	22:00
13:00	22:30
13:30	23:00
14:00	23:30

*What would it be like to love myself?*

*What is a better way for me to be healthy?*

*What would it be like to respect myself? What would I do, what would I release?*

# 4. Simplify

Clutter and chaos have the same effect on all of us. They are overwhelming, making us feel trapped and depleted. Start small, again baby steps are EVERYTHING.

*How can I organize my environment to make space for new, freeing and joyous ways of being? - Where can I start?*

*How can I simplify my everyday life in general?*

*How can I simplify my studies or work?*

*What are some other steps I can take?*

*Who do I admire the most and what are their admirable traits?*

Nothing is more important than knowing, mastering and expressing ourselves, our body, needs and raw, authentic beingness. If we all knew ourselves inside out and expressed our unique essence, there wouldn't be any suffering in the world. Knowing and expressing oneself, living in authenticity according to ones core needs, is living in harmony, which is  
Being the Expression of Love.

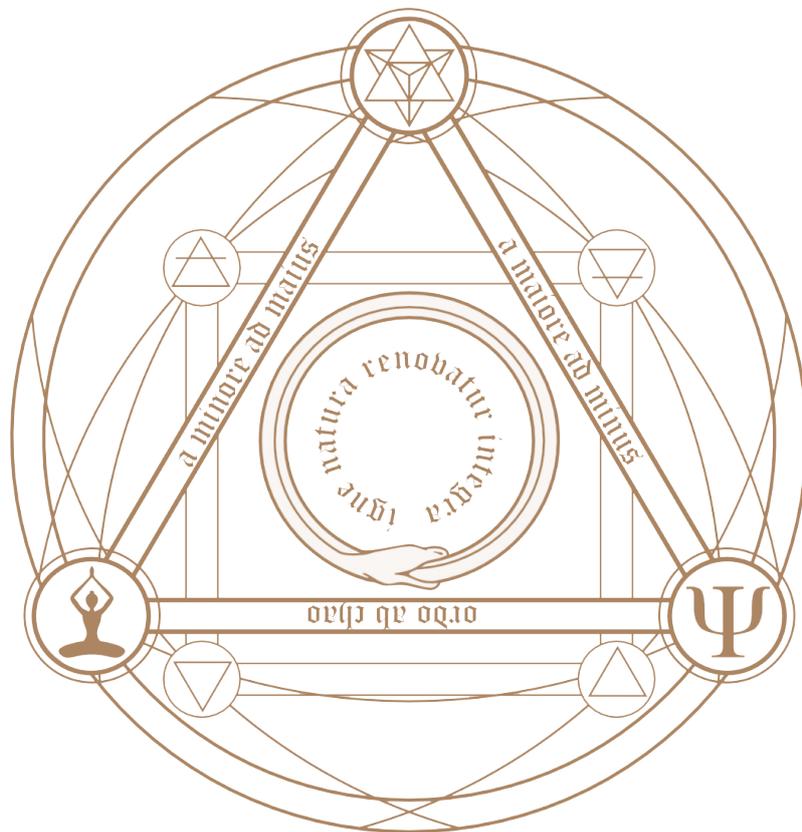
*They are a reflection of me. What I admire in them, is within me as well, waiting for me to allow it to surface.*

*Final Thoughts & Notes*



# LOVE, PEACE & JOY ARE NOT EMOTIONS, THEY ARE STATES OF BEING

Thank **You** for your Courageous Will to Expand and  
Be your authentic, unique & magnificent Self /Source-Expression.



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Beyond Quantum Healing